



Old Colony Elder Services
Providing services to the community since 1974

October 2018

Q4.2018

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What we do, with your help:

- Deliver 1,600 meals a day
- Answer 1,200 calls a month
- Manage 650 volunteers
- Provide services to 22,520 consumers in our community annually

Domestic Violence and Individuals with Disabilities

“Oh, you’re just faking it.” “It’s all in your head.” Words meant to invalidate a disability. This harmful tactic is known as gaslighting.



According to the National Domestic Abuse Hotline, “Anyone can be affected by domestic violence and abuse, but people with disabilities are more likely to experience abuse than people without disabilities. Because abuse is about power and control, people with disabilities may face unique challenges and barriers to accessing support.” The National Coalition Against Domestic Violence reports that people with disabilities have a higher lifetime prevalence of experiencing abuse than people without disabilities, and are three times as likely to be sexually assaulted as their peers without disabilities.

OCES is part of the Aging and Disability Resource Consortium of Southeastern MA and Southern MA – known by the initials ADRC SESM. The six member agencies are committed to a “No Wrong Door” policy – which means that when an individual contacts any of us, we are ready to connect you to the services that each and every one of us offers. This might be Information and Referral, or Transition Assistance, or Options Counseling. You can learn more at www.adrcsesm.org.

October is Domestic Violence Awareness Month. Agencies are working together to find ways to help by educating local health care professionals and staff to recognize the signs of domestic violence; ensuring that patients with disabilities are being screened for domestic violence, encouraging local shelters and hotlines to train staff on how to work with victims and survivors with disabilities, and making sure that

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information about resources is readily available.

If you suspect that a person with a disability between the ages of 18 and 59 is being abused, call the Massachusetts Disabled Person Protection Commission's hotline, available 24/7, at **800-426-9009** or visit their website at www.mass.gov/orgs/disabled-persons-protection-commission

If you suspect the abuse of a person aged 60 or older, call the Elder Abuse Hotline, 24/7, at 1-800-922-2275.

To learn more about all of our available programs and services, visit our website at ocesma.org or call (508) 584-1561.

Looking for a place to donate durable medical equipment such as tub seats, shower chairs, safety bars and wheelchairs for the use of consumers in need? The **REQUIP** program of the Mass. Rehabilitation Commission refurbishes devices and maintains an online inventory of items available. In FY'17 over 860 pieces of equipment were deployed into our communities. You can learn more about the details of what can be donated, and arrange for a free pick-up, by calling them at **1-800-261-9841** or visiting **www.dmerequipment.org**



ADULT FAMILY CARE PROGRAM



Do you know an adult with disabilities who cherishes independence, needs companionship, would like to be part of a family, and is not able to live on his or her own? Our Adult Family Care Program (AFC) can assess both potential participants and caregivers. The most basic requirement for a caregiver is the ability to provide a safe and comfortable environment - and a genuine interest in helping another person. The caregiver receives compensation for room, board and personal care services. He or she receives monthly visits by AFC Program

staff, gets regular informational support, and has access to a 24 hour emergency cellphone response for questions that may arise. OCES is one of the original nine organizations in Massachusetts to offer AFC. We have a proven track record, and a depth of services and resources that is unmatched by any other program provider in this field. To learn more about AFC, call us at 508.584.1561

Coming Attractions

#GIVINGTUESDAY



On **Tuesday November 27** OCES is participating in **#GivingTuesday**, a global day dedicated to giving.

#ICareIShare

We ask that you join us to raise money for our Emergency Funds Program. Your help will provide necessities such as heat in the winter, food when the cupboard is bare, and life sustaining medications to older adults and people with disabilities. Your generous donation helps those people who need a little support in order to remain enjoying safe, healthy and independent lives in our community.

Although the official kick-off is November 27, your donations are welcomed through the end of 2018 for this campaign—and at any time during the year.

For more information, or to donate online, go to OCESMA.org, or mail your check payable to OCES to 144 Main St., Brockton, MA 02301

Thank you



OCES IS ON FACEBOOK, SO PLEASE CHECK US OUT AND "LIKE" US FOR UP TO DATE INFORMATION.
www.facebook.com/OCESMA

What is Healthy Aging?

As you age, your body and your needs change in order to stay healthy. It is important for older adults to remain physically, mentally and socially engaged. However, older adults often encounter challenges in these areas. Careful attention and preventative measures to reduce or eliminate these challenges is helpful in the pursuit of healthy aging.

A key to healthy aging is a healthy lifestyle. Eating a variety of nutritious foods and practicing portion control can go a long way toward promoting healthy aging. As you get older, your metabolism slows down and you need fewer calories. Make your calories count and choose foods packed with the nutrients you need. Eat dark leafy greens and colorful fruits and vegetables. Cut down on empty calories from sugary drinks and sweets. If you need help, your doctor or health care provider can make recommendations.

Other factors to healthy aging include physical and mental activity. Changing your lifestyle in your 60s and beyond can still make a big difference. Regular exercise could lower your risk of heart problems and bone fractures. If you have not been active in a while, starting regular physical activity now may improve your endurance, strength, balance, and flexibility. Just 30 minutes of walking, biking, or even gardening five days a week can make a difference. For any new physical activity, start slowly and work up to your goal.

Being active can be difficult if your mobility is limited or if you have serious health problems. Before starting any physical activity, check with your doctor who will be able to recommend types of exercises that are best for you and ways to progress at a safe and steady pace.

Practicing a new and challenging activity is good for building and maintaining cognitive skills. Choosing a new activity is beneficial as it engages your brain to learn something new.

People who have a social network are less likely to become isolated and lonely. Researchers found that lonely people have higher levels of stress hormones that cause inflammation, or swelling, linked to arthritis and diabetes.

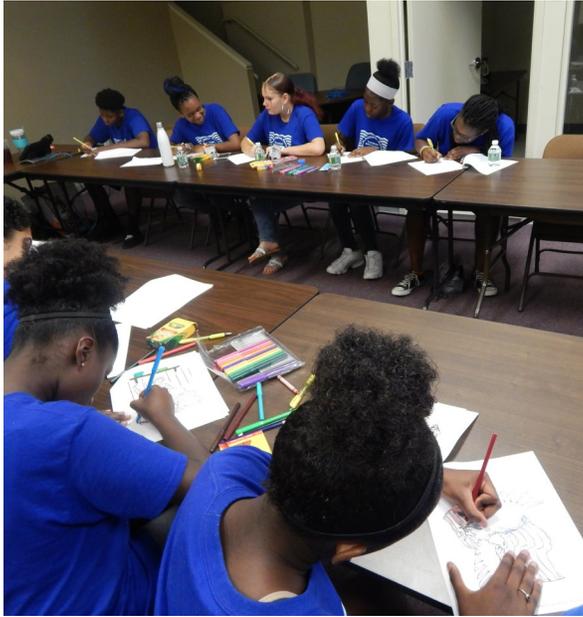
You can build a social network by volunteering, attending religious services, becoming involved in your community, enrolling in a class or learning a new hobby. Volunteering has been linked to a lower risk of heart disease and a longer life. Surround yourself with energetic, happy, positive people of all ages and it will become contagious.

News
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The mission of OCES is to support the independence and dignity of elders and individuals with disabilities by providing essential information and services that promote healthy and safe living

In The Community



The WAVE program is a summer enrichment program under the auspices of the Brockton Area Workforce Investment Board (BAWIB) that provides the opportunity for youth who are 14 and 15 to volunteer and gain minor work experience on which to build. WAVE is an acronym that stands for Work-Achieve-Volunteer-Experience. In August approximately 30 WAVE members visited OCES headquarters in Brockton and under the guidance of our Volunteer Coordinator Jean-Marie Finn designed colorful letterhead and penned multiple letters that will go out to our men and women serving

in the United States Armed Forces. To learn more about the YouthWorks/WAVE program, visit www.bawib.org.

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SIGN UP TO RECEIVE OUR NEWSLETTER BY EMAIL AT OCESMA.ORG/newsletters



Contact Us

Give us a call for more information about our services:

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Visit us on the web at
www.ocesma.org